SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 7th March 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 07 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sat 10 **Club Champs: 5k Bromley Parkrun**
09:00 Norman Park Recreation Ground, Bromley map

Tue 06 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST- This Wednesday

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at the club on Wednesday nights (£15 each)

In your *SHORTS* this week !

2 Club Champs, XC Fixture List
4 Welsh Castles Relays
4… Race reports & results
6 Thanet 20
5/6 XC Champs round up
8 Marathon Training Schedule
9 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Mar 10 Club Champs 5k
Apr 1 Paddock Wood 1/2M Club Champs
Apr 12 Assembly league , Beckenham
full fixture list & info page 2

This Saturday

First of the CLUB CHAMPS races

Where **Norman Park, Bromley** map
When **09:00 Sat 10th March**
What **5k**
Why **Points & Medals**

NEW RUNNERS ROTA

If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Claire Steward	07/03
Ros Tabor	14/03
Cameron Timmis	21/03
Sam Oyeyinka	28/03

Annual Subs Due

You will have received either by email or post your 2012 membership renewal reminder. Your current membership expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

If you haven't received your renewal form then contact me barry@bg1.co.uk

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name by 7:10
Don't just sit there salivating…join in ! – **Ros**

DULWICH RUNNERS
2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. The dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

ASSEMBLY LEAGUE 2012

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

There are usually two races at each of three venues, Beckenham, Victoria Park in Hackney and the O2 in North Greenwich, but there are likely to be some changes this year as a result of the Olympics.

Note that with Easter falling in the first week of April, the first race at Beckenham has been delayed until 12 April.

Update

We have now been informed that the subsequent fixtures will be held on the first Thursday of each of the spring/summer months: 3 May, 7 June, 5 July, 2 August and 6 September.

Venues are to be confirmed but it is likely that the August fixture will be held in Dulwich Park.

Mike

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			Event		Venue
Mar	Sat	10	5k Bromley (or Brockwell Parkrun if muddy)	S	Bromley or Brockwell
	Sat	10	Orion Harrier 'Mercury' 10 Mile XC Race		Epping Forest
	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	Paddock Wood
	Thu	12	Assembly League		Beckenham
	Sun	22	Marathon	L	London or alternative
May	Thu	3	Assembly League		TBC
Jun	Thu	7	Assembly League		TBC
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Assembly League		TBC
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Assembly League		TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Assembly League		TBC
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Date of the **5k parkrun** has changed to **10 March** to avoid a clash with another event.
Cabbage Patch 10 has been confirmed as **21 Oct**,
2012 Club Champs races in red S=Short L=Long
Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

CLUB CHAMPS 2012

The first two club champs races of this season are the 5k parkrun at Norman Park, Bromley on 10 March, followed by the Paddock Wood 1/2M April 1st Please make sure that you enter Paddock Wood soon to avoid disappointment and note that you will only qualify for club championship points if you have renewed your club membership and you are wearing a club vest. *Mike*

Wednesday Running Maps

On page 9 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked with asterisks, below) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

"**Further update: As well as the Wimbledon 5k being moved to Saturday 11th August to avoid clashing with the Olympics Men's Marathon, the Dorking 10 miles has been moved to Sunday 10 June to avoid upstaging some other celebration. The Richmond Half is officially full, but a few places have been made available for members of Surrey clubs. Contact me for details.** - ***Charlie Lound*** ***chas.lound@btinternet.com***

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Orion Harriers are holding their annual 10mile Cross Country Race on **Saturday 10th March** from their new clubhouse in Epping Forest.

For those who havent run it before, its a beautiful one lap race with plenty of mud and hills through the forest. **Entries are on the day** and the race is always a relaxed, friendly affair.

This year, we will also be able to offer hot showers and food after the race (even for the women) again, so we are keen to open up the field to new runners.

You and your members, as always, are welcome to join us on 10th.

Tim Wright - Captain, Orion Harriers – 07910 185162
www.orionharriers.org.uk

"Note that this is the same day as our club champs 5k at Bromley, but some of you may relish the chance to double up.

For those of you who are more cautious and in need of a long off-road run, we have been invited to enter the Orion 15 which also takes place in Epping Forest on 24 March."- ***Mike Mann***

WELSH CASTLES RELAY 2012

Hi everyone, if you attended our short Relays presentation then we thank you and we do hope you enjoyed it and that it helped you to make a decision to join in the fun, and we did have some extra names to add to the list after the presentation.

This means we now have 20 names with one tbc, and even someone who has kindly agreed to be a reserve! Thank you all and for the rest of you there are still places in the team available. We always need at least 26+ names as we know from the past that unfortunately there will be a couple of injuries, illness or other commitments that will change the final line-up of eager runners wanting to pit their fitness against this great event.

Please don't be shy in putting your name forward for this or any of the other relays as we always match your fitness to the leg we ask you to run, there are some that like to pick the hardest legs just for the challenge. This is a really friendly and social event and it is great for meeting and mixing with other Dulwich Runner's who you don't usually run with. We usually travel up on the Friday with overnight stay under the shadow of Snowdon and then on Saturday overnight stay and meal in Newtown. You can of course choose to travel up for one of the late legs on Sunday.

Please just e-mail therelayersteam@dulwichrunners.org.uk to let us know you would like to join us or feel free to talk to any of ***The Relayers Team*** (Mike Mann, Kim Hainsworth, Andy Murray or Martin Morley) or talk to any member of Dulwich Runner's – most have done at least one relay.

We have to apply in a week's time so could you please let us know as soon as possible. We still need an additional 5 or 6 names before deciding whether to submit an entry.
Thanks for reading this and hope to hear from you very soon - ***The Relayers Team***

Race Reports & Results

Pensthorpe Challenge 4 March 2012

From a million miles away in Norwich Peter Warren writes….If you have seen Spring Watch on the BBC you might think a gentle jog around the duck ponds of this famous reserve was on the cards, far from it, Steve give me Peacehaven anytime.

Billed as a 10K over two laps I too was expecting to see wild fowl the occasional rare bird (feathered variety) and some pleasing scenery running on paths. The early start (9.30am) meant leaving Norwich at 7.30 to be at the venue to register, the day started off as it was to go on, WET. At the race info meeting we were informed of the "slight" change in course around the outskirts of the reserve across country, multiterrain (yes as you know my least favourite surface).

The 10K organised by 4 Entry Central became slightly longer (6.45 miles, first running of event) over tiring hills (Norfolk is NOT flat) and down muddy slopes, across ploughed fields, gravel paths, played dodge the mole hills and through woodland where at last I saw some fauna, a frog someone in front of me had trod on, then out across a muddy field passed the finish and around again.

The ducks and birds had more sense than to venture out in the rain (you could hear them in the trees and bushes) whilst the long horn cattle looked on amazed wondering if we had all escaped from somewhere. When the weather is fine you can spend hours at Pensthorpe, Sunday I just wanted to go home and have a warm shower. Yes I would do it again in off road shoes and the right kit (not a thin running top and shorts).

Yes this race lived up to its title, entry fee was £10 which included free entry after the race to the wild life reserve (for the second time) and a very good goodie bag. The next 4 Entry Central event to be held in Norfolk is the North Norfolk Marathon and Half Marathon, to be held at Holkham hall, any interested parties beware, its multi-terrain and includes the coastal path, Holkham estate and farm land. Same route for both events, just twice if you insanely fancy the marathon.
Peter Warren 1 hour 7 mins (ouch!)

5km Results for March 3rd

The Parkrun organisers encourage the wearing of club vests, so if you have one please wear it and help promote the club. Vests and other club kit can be obtained by contacting Ros ros@28kerfield.freeserve.co.uk

Banstead

Tony Tuohy was a minute down on his best but still finished a clear second.

2 Tony Tuohy 18:06

Brockwell

Numbers were well down on normal with a returning to fitness Duncan Wilson leading the way.

19 Duncan Wilson 20:46 (debut)
26 Cameron Timmis 21:41
48 Anna Thomas 6W 23:38
141 finished

Bromley

Ben Fairhall continued his recent good form with a fast victory which only three men have ever bettered on this course. Kim Hainsworth was close to her PB, finishing second woman to international Faye Fullerton's 16:48 course record.

1 Ben Fairhall 16:17 (Dulwich course record/4th fastest male ever)
2W/Kim Hainsworth 20:10
56 Colin Frith 21:50
278 finished

Bushy Park

Following his club M50 half-marathon record last week, David Beaver came close to his Parkrun PB and overall Dulwich club parkrun M50 best.

11 David Beaver 17:36 (1M50)
836 finishers

Milton Keynes Half-marathon, March 4

Kim Hainsworth ran PB pace for halfway but slowed in the wind and rain on the second half.

262 Kim Hainsworth 19W 1:33:38 (chip: 1:33:28)

FRANK HARMER 10K, 4 MARCH

With other10k races taking place nearby, there were only three club members at this annual race, which took place on a damp and chilly morning in Brockwell Park. ***Mike***

Patrick Hutchison 41:17
Mike Mann 41:18
Graham Laylee 45:44

Crystal Palace

Will Davis was close to his PB in winning with Jose third on his course debut. Joanne Shelton did a course PB.

1 Will Davis 18:18
3 Jose Barretta 19:38 (course debut)
12 Bob Bell 22:14
14 Jozef Danko 22:33
18 Mike Dodds 22:52
20 Claire Steward 3W 23:01s

Greenwich

Chris Vernon made a course debut at Avery Hill.

87 Chris Vernon 32:23
105 finishers (record)

Riddlesdown

Angie Norris enjoyed another win while Jim Dowsett set a PB.

6 Angie Norris 1W 21:09
8 Jim Dowsett 21:43 (PB)
73 finishers

Norwich

On a friends hen weekend, Clare Elms couldn't resist a parkrun and was easily first woman. This was her 36th parkrun victory as she maintained her unbeaten record on her eighth different course.

10 Clare Elms 1W 18:31
310 finishers

Greenwich Meridian Paul Lewis 10k, March 4

Second claimer Debbie Niccol was third woman while Ola Balme was a good fifth and first W45.

15 Debora Niccol 3W 38:28
22 Ola Balme 5W 40:58

INTER-CLUB XC, LLOYD PARK, 3 MARCH

This low key event, organised by Croydon Harriers, suffered a last minute change in course as part of Lloyd Park had been booked for a frisbee championships.

As a result the course was limited to 4 laps of the largely flat and dry playing fields totalling around 6k, so my spikes stayed in the rucksack. The unfamiliar course also meant that it is impossible for anyone, including me, to figure out how well or badly I performed (which suits me fine). *Mike*

Mike Mann 13 24:45

Thanet 20mile 4th March

On a cold and what promised to be a wet day too, the thought of driving two hours to Ramsgate and running 20 miles was not the most inspiring but if marathon training demands it then so be it. Barrie packed a waterproof and plenty of layers in anticipation of heavy rain but fortunately that held off til later.

It was great to see a small but very select group of other DRs who were also braving the elements for the long slog. The race start was right by the coast and just a few minutes from the race HQ. The first two miles comprised a loop along the front, which meant plenty of chances from a spectator point of view to cheer on everyone.

I had a training run to do so after supporting duties set off along some of the course of the race. It was great to experience part of the route and see everyone again as they were at mile 7-8 in the race. From what I saw there were quite a few ups and downs in the course which Barrie confirmed but also fantastic views out across the sea.

Everyone did themselves proud with their runs with top performances from Mike and Alexie. Barrie found the going tough after about 18 miles but soldiered on to come in just outside three hours and not far behind Clare and Marlene.

We had planned to find a leisure centre to shower afterwards given the usual absence of facilities at the race. However we felt so cold that we decided to make a dash for home and a hot bath. The driving conditions back were atrocious with the onset of the promised rain so we felt fortunate that the weather had been relatively clement during the race.

*Steve Smythe added….*Mike Williams took four minutes off his PB whiel Alexie Shaw finished third woman.

According to Power of Ten everyone else set PBs but it's possible that in some cases, previous times haven't been picked up

5	Mike Williams		2:03:24 (PB)
30	Alexie Shaw	3W	2:15:47
31	Jose Barreta		2:16:23
72	Edward Smyth		2:27:10
82	Lloyd Collier		2:28:57 (PB) (2nd cl)
157	Ajay Khandelwal		2:42:36
248	Grant Barnes		2:58:03
262	Marlene Russell	58W	3:00:26
263	Clare Osborne	59W	3:00:32
282	Barrie John Nicholls		3.03.52

411 ran

Men's team: 6th 97 pts/43 teams (B team 34th)

Women's team 8th/25 120 pts

CROSS COUNTRY CHAMPIONSHIP WINNERS 2011 - 2012

1st man:	Charlie Lound
2nd man:	Wayne Lashley
3rd man:	James Godber
1st woman:	Ola Balme
2nd woman:	Nicola Richmond
3rd woman:	Mel Edwards
1st M40:	Chris Loizou
1st M50:	Andy Murray
1st M60:	Mike Mann
1st F40:	Ros Tabor
1st F50:	Stephanie Burchill
Captains' award:	Anna Thomas

You will see from the men's table (next page) that Wayne and James ended up with the same score. Wayne is 2nd and James 3rd because Wayne gained 2 maximum scores. - **Ros**

2012 Men	mob match	SL1	SL2	SofT	SL3 Reigate	Brighton (S)	SL4 Esher	nationals PH	total	Best 5
Charlie Lound	49	50		50	47	48		49	341	246
Wayne Lashley		47	49		50	50	48	47	291	244
James Godber		46	50		48	49	49	48	290	244
Chris Loizou		44	47	49	42		46		228	228
Neil Daniels	47	43				46	44	45	225	225
Mike Mann	43	41	45	48	39	47	41		304	224
Andy Murray	45	40	42		36	45	39	43	290	215
Ian Sesnan	40		33	43	32	43	36	40	267	202
Mike Williams		48			49		50	50	197	
Mark Foster		39	43	47		44			173	
Hugh Balfour			40	46	38		42		166	
Duncan Wilson	42	38					38	42	160	
Martin Morley		36		44			37	41	158	
Ameet Patel	38		34	42	31				145	
Duncan Hussey					46		47	46	139	
Matt Galvin	44		44				45		133	
Jose Barretta		42	46					44	132	
Steve Smythe		45			43		43		131	
Joseph Brady	39		36		33				108	
John O'Byrne		34	32				35		101	
Tony Tuohy	50	49							99	
Ed Smyth	46				41				87	
Ebe Prill			41		40				81	
Barrie John Nicholls				41				39	80	
Mick Ward	41		35						76	
Grant Barnes			38		37				75	
Tiarnan Ocleirigh		37	37						74	
Steve Ackroyd			39		35				74	
John Fletcher	48								48	
Peter Gibbons				45					45	
Michael Hutchinson					45				45	
Steve Williams					44				44	
Paul Devine							40		40	
Graham Laylee		35							35	
Jozef Danko					34				34	

2012 Womens	Reigate	Light water	Nork Park	Richmond	Farthing Down	Brighton	Esher	Parl. Hill	total	BEST 5
Ola Balme	50	48	50	49	50		48		295	247
Nicola Richmond	49	47	49	48			47		240	240
Mel Edwards	48	44	47	43	47		46	48	323	236
Ros Tabor	47	42		44	45	50	45	47	320	234
Anna Thomas	46	39	44	38		48	41	46	302	225
Stephanie Burchill		36	41	34	35		35		181	181
Clare Wyngard		40	45		43		44		172	
Claire Steward			46	42	41		42		171	
Jo Shelton		41		39	40		43		163	
Lindsey Annable			42	35			36	45	158	
Clare Osborne		38		37	39		40		154	
Ruki Sihdwa		37	43		36		37		153	
Alexie Shaw		50					49	49	148	
Louisa Pritchard				40	42	49			131	
Lindsey Beckett				36	38		38		112	
Jo Hewett		35	40	32	34				110	
Michelle Allard				33	37		39		109	
Clare Elms				50				50	100	
Kim Hainsworth			48		48				96	
Emma Ibell				47	49				96	
Ange Norris		46		45					91	
Katie Crowe		43			46				89	
Olga Gillane				41	44				85	
Debbie Niccol							50		50	
Elkie Thorndyke		49							49	
Marlene Russell						47			47	
Charlie Wood				46					46	
Sue Rowlands	45								45	
Emma Vernon		45							45	

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
6	10 Mar	Club Champs 5k Bromley Parkrun	Bromley, Norman Park, Parkrun 09:00
6	11 Mar	High Elms 15m	0:900 off road
5	18 Mar	Spitfire 20m road race ….or	Dunsfold aerodrome
5	18 Mar	…. 12 x 1m reps	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10	High Elms 09:00 http://www.west4harriers.com/TowpathTen
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

Dates in bold are club and or club champs races including XC champs

Races | Club Champs/ XC | Mile reps | Long runs

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

WELL DONE !
Mile reps yesterday by the elite, on a wet morning!
Average times;

Jozef Danko	6:41
Sue Cooper	6:42
Claire Steward	7:04
Ameet Patel	7:47
Claire Querico	7:59
Patrick	8:02
Lloyd Clater	8:12
Paul Keating	8:13
David Veazey	8:33

Next Sunday – long run from HIGH ELMS at 0900
Steve Wehrle

Claire S adds: Running mile repetitions is not my favourite way to spend a drizzly Sunday morning but if it results in improvement to overall fitness, aerobic capacity, ability to deal with lactic build-up, and just getting to know how your body feels when you push it a bit harder than you really want to, then you know it must be worth it.

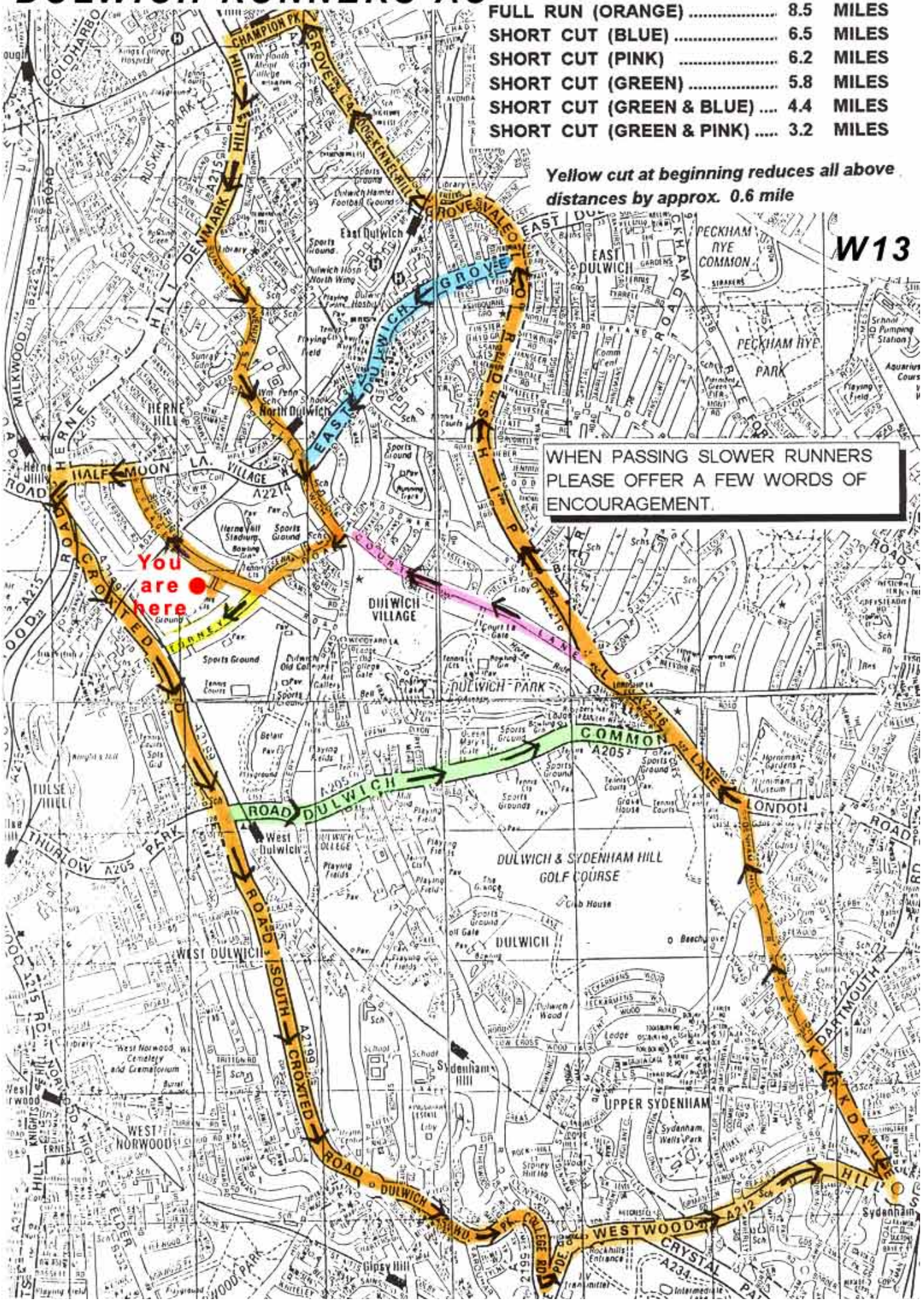
Don't panic if you didn't manage to do all twelve reps, or if your pacing was uneven, it's a tough call, especially if you have never done it before. It doesn't get any easier but you learn how to deal with it and console yourself that the faster you run, the longer rest you get in between. And afterwards, that hot chocolate and cake in the café tastes so good. Thanks to Steve for being there with his stopwatch, clip-board, and words of encouragement despite his frozen hands.

DULWICH RUNNERS AC

FULL RUN (ORANGE)	8.5	MILES
SHORT CUT (BLUE)	6.5	MILES
SHORT CUT (PINK)	6.2	MILES
SHORT CUT (GREEN)	5.8	MILES
SHORT CUT (GREEN & BLUE)	4.4	MILES
SHORT CUT (GREEN & PINK)	3.2	MILES

Yellow cut at beginning reduces all above distances by approx. 0.6 mile

W13



10th March – English Rogues gig after Club Champs!

For once in my life I'm giving you a bit of notice. Saturday 10th March I'm playing drums with English Rogues at the Oval Tavern, 131 Oval Road, East Croydon CR0 6BR (a few minutes walk from East Croydon station): http://www.bing.com/maps/?where1=cr0%206br,GB&FORM=MMREDIR.

Playing from about 8.45pm, entry is free. Some of you will remember a good night at this pub when we played there about a year ago.

You'll all need a bit of light relief after blasting round the Bromley parkrun that morning for the Club Champs 5k. So come and get your fill of blistering guitar solos and mad 'Animal' muppet drumming with all the usual Rock Mayhem!

Tony 'Thundersticks' Tuohy.

Ola Balme
Sports & Therapeutic Massage

Spring Offer £10 off

Is your marathon training taking its toll?

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com